

USDA National Nutrient Database for Standard Reference Release 27

Full Report (All Nutrients) 01030, Cheese, muenster

Report Date:September 16, 2015 02:00 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 18g	1 slice (1 oz) 28g	1 package (6 oz) 170g
Proximates										
Water	g	41.77	14	0.506	55.14	47.20	11.84	7.52	11.70	71.01
Energy	kcal	368	--	--	486	416	104	66	103	626
Energy	kJ	1541	--	--	2034	1741	437	277	431	2620
Protein	g	23.41	14	0.328	30.90	26.45	6.64	4.21	6.55	39.80
Total lipid (fat)	g	30.04	17	0.498	39.65	33.95	8.52	5.41	8.41	51.07
Ash	g	3.66	10	0.110	4.83	4.14	1.04	0.66	1.02	6.22
Carbohydrate, by difference	g	1.12	--	--	1.48	1.27	0.32	0.20	0.31	1.90
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	1.12	--	--	1.48	1.27	0.32	0.20	0.31	1.90
Minerals										
Calcium, Ca	mg	717	14	25.274	946	810	203	129	201	1219
Iron, Fe	mg	0.41	5	0.063	0.54	0.46	0.12	0.07	0.11	0.70
Magnesium, Mg	mg	27	10	0.955	36	31	8	5	8	46
Phosphorus, P	mg	468	11	9.092	618	529	133	84	131	796
Potassium, K	mg	134	11	15.673	177	151	38	24	38	228
Sodium, Na	mg	628	11	27.405	829	710	178	113	176	1068
Zinc, Zn	mg	2.81	4	0.066	3.71	3.18	0.80	0.51	0.79	4.78
Copper, Cu	mg	0.031	--	--	0.041	0.035	0.009	0.006	0.009	0.053
Manganese, Mn	mg	0.008	--	--	0.011	0.009	0.002	0.001	0.002	0.014
Selenium, Se	µg	14.5	--	--	19.1	16.4	4.1	2.6	4.1	24.6
Vitamins										
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.013	6	0.001	0.017	0.015	0.004	0.002	0.004	0.022

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Riboflavin	mg	0.320	10	0.031	0.422	0.362	0.091	0.058	0.090	0.544
Niacin	mg	0.103	18	0.017	0.136	0.116	0.029	0.019	0.029	0.175
Pantothenic acid	mg	0.190	1	--	0.251	0.215	0.054	0.034	0.053	0.323
Vitamin B-6	mg	0.056	15	0.007	0.074	0.063	0.016	0.010	0.016	0.095
Folate, total	µg	12	25	1.680	16	14	3	2	3	20
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	12	25	1.680	16	14	3	2	3	20
Folate, DFE	µg	12	--	--	16	14	3	2	3	20
Choline, total	mg	15.4	--	--	20.3	17.4	4.4	2.8	4.3	26.2
Vitamin B-12	µg	1.47	19	0.092	1.94	1.66	0.42	0.26	0.41	2.50
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	298	--	--	393	337	84	54	83	507
Retinol	µg	297	--	--	392	336	84	53	83	505
Carotene, beta	µg	13	--	--	17	15	4	2	4	22
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	1012	--	--	1336	1144	287	182	283	1720
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	0.34	0.29	0.07	0.05	0.07	0.44
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.6	--	--	0.8	0.7	0.2	0.1	0.2	1.0
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	0.8	0.7	0.2	0.1	0.2	1.0
Vitamin D	IU	22	--	--	29	25	6	4	6	37
Vitamin K (phylloquinone)	µg	2.5	--	--	3.3	2.8	0.7	0.4	0.7	4.2
Lipids										
Fatty acids, total saturated	g	19.113	--	--	25.229	21.598	5.419	3.440	5.352	32.492
4:0	g	1.042	6	0.113	1.375	1.177	0.295	0.188	0.292	1.771
6:0	g	0.243	6	0.019	0.321	0.275	0.069	0.044	0.068	0.413
8:0	g	0.275	6	0.031	0.363	0.311	0.078	0.050	0.077	0.468
10:0	g	0.586	6	0.032	0.774	0.662	0.166	0.105	0.164	0.996
12:0	g	0.367	6	0.021	0.484	0.415	0.104	0.066	0.103	0.624
14:0	g	3.072	6	0.085	4.055	3.471	0.871	0.553	0.860	5.222

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16:0	g	9.218	6	0.219	12.168	10.416	2.613	1.659	2.581	15.671
18:0	g	3.569	6	0.091	4.711	4.033	1.012	0.642	0.999	6.067
Fatty acids, total monounsaturated	g	8.711	--	--	11.499	9.843	2.470	1.568	2.439	14.809
16:1 undifferentiated	g	0.973	6	0.049	1.284	1.099	0.276	0.175	0.272	1.654
18:1 undifferentiated	g	7.338	6	0.182	9.686	8.292	2.080	1.321	2.055	12.475
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.661	--	--	0.873	0.747	0.187	0.119	0.185	1.124
18:2 undifferentiated	g	0.431	6	0.027	0.569	0.487	0.122	0.078	0.121	0.733
18:3 undifferentiated	g	0.230	6	0.015	0.304	0.260	0.065	0.041	0.064	0.391
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	96	4	3.402	127	108	27	17	27	163
Amino Acids										
Tryptophan	g	0.327	--	--	0.432	0.370	0.093	0.059	0.092	0.556
Threonine	g	0.888	--	--	1.172	1.003	0.252	0.160	0.249	1.510
Isoleucine	g	1.145	--	--	1.511	1.294	0.325	0.206	0.321	1.947
Leucine	g	2.260	--	--	2.983	2.554	0.641	0.407	0.633	3.842
Lysine	g	2.139	--	--	2.823	2.417	0.606	0.385	0.599	3.636
Methionine	g	0.569	--	--	0.751	0.643	0.161	0.102	0.159	0.967
Cystine	g	0.132	--	--	0.174	0.149	0.037	0.024	0.037	0.224
Phenylalanine	g	1.240	--	--	1.637	1.401	0.352	0.223	0.347	2.108
Tyrosine	g	1.123	--	--	1.482	1.269	0.318	0.202	0.314	1.909
Valine	g	1.482	--	--	1.956	1.675	0.420	0.267	0.415	2.519
Arginine	g	0.881	--	--	1.163	0.996	0.250	0.159	0.247	1.498
Histidine	g	0.829	--	--	1.094	0.937	0.235	0.149	0.232	1.409
Alanine	g	0.675	--	--	0.891	0.763	0.191	0.122	0.189	1.148
Aspartic acid	g	1.600	--	--	2.112	1.808	0.454	0.288	0.448	2.720
Glutamic acid	g	5.555	--	--	7.333	6.277	1.575	1.000	1.555	9.443
Glycine	g	0.440	--	--	0.581	0.497	0.125	0.079	0.123	0.748

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Proline	g	2.594	--	--	3.424	2.931	0.735	0.467	0.726	4.410
Serine	g	1.299	--	--	1.715	1.468	0.368	0.234	0.364	2.208
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0